

THE ARIZONA CHAMPION.

VOL. 1.

FLAGSTAFF, YAVAPAI COUNTY, A. T., SATURDAY, MAY 3, 1884.

NO. 34.

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SONG OF THE RIVER.

BY ROBIN WOOD.

The rivers are dancing over the hills,
Fed by thousands of little rills,
That twinkle and dance,
Slide and gleam,
Over the stones,
With merry tones,
Then foam and eddy, round and round,
With merry gurgling, bubbling sound.

And this is the song the river sings:
This song that unceasingly rings,
Mid start and quiver,
And tremendous shiver,
As water leaps,
Over hollows deep:
"I am going to find my love, the sea;
My love that is waiting—waiting for me."

"My love has a bowen broad and deep,
Safe in his sheltering arms I shall sleep.
His ponderous tones
I hear through the moans
Of trees on the shore.
He calls evermore,
"Come love, my own love, hasten to me,
And ever I hasten down to the sea."

Then the tall grasses nod plucky heads;
And the rushes speak from marshy beds;
They shiver and shake,
Tremble and quiver,
In reverent haste,
To the river's song;
They rustle and shake, bend and sway,
"Go not down to the sea," they say.

"O old is his heart, deceitful his voice;
Once in his power there is left no choice:
You are lost! Yes, lost!
Troubled and tossed,
Dashed upon rocks,
With death-dealing shocks,
Heed not, oh, heed not the voice of the sea,
He is proud and selfish, cold as can be."

"Many a lady, fair as a queen,
Has gone to the sea, and nevermore seen,
Weird and faded,
Displeased, degraded,
Obscured,
And all for the sound
Of that wailing voice. Robin sings of his greed
Into his net falls, fair blossom and weed."

But the river laughed, the river leapt,
And toward the sea unceasingly swept.
"I am glad to be lost
In waters upswelled,
My little voice drowned
In tones world-renowned,
The sea is my love, not the lily," said she;
"My love, though so rough, is so tender can be."

"Let the lilies mate with their lily kind;
The roses, too, yet not so blind
As to veer with winds;
Then, through shaded gleams,
Let me haste to my own—
My love alone
Is the murmuring, roaring sea;
Learn, I pray you, a lesson from me."

HOW TO LIVE LONG.

Imprimis—old age is of two varieties—
premature, and that caused by the
lapse of time. Premature age, as en-
gendered by various mental and physical
excesses, comes not within our
present notice. The principal character-
istics of old age, as demonstrated by
anatomical research, deposition of fibrin-
ous, gelatinous, and earthy deposits in
the system. Every organ in the body
during old age is especially prone to
these ossific depositions. These earthy
deposits have been found to consist
principally of phosphate and carbonate
of lime, combined with other calcareous
salts, according to the researches of Dr.
C. T. B. Williams, F. R. S. "That man
begins in an osseous (or bony) condition"
has been truly observed by a French
physician. From the cradle to the grave
a gradual process of ossification is
undoubtedly present; but after passing
middle life, the ossific tendency
becomes more markedly developed,
until it finally insures in senile decrep-
itude. These earthy deposits in the
various organs during old age material-
ly interfere with the due performance
of their respective functions.

Hence we find imperfect circulation
in the aged, owing to the heart being
partially ossified, and the arteries
blocked with calcareous matter inter-
fering with that free passage of blood
upon which nutrition depends, so the
repair of the body naturally becomes
impaired thereby.

SENILE DECAY.

Both Bichat and Baillie considered
that the great number of persons over
60 suffer more or less from arterial os-
sification. When the heart's valves
become cartilaginous, they consequent-
ly fail to propel the blood to its destina-
tions, this fluid being further ob-
structed by the ossified and contracted
condition of the arteries themselves.

In youth, on the other hand, nutri-
tion is perfectly carried out, there being
no blockages to impede the circulating
system upon the due performance of
which physical repudiation depends.

Bearing the above facts in mind, we
plainly perceive that the real change
which produced old age is, in truth,
nothing more or less than a slow but
steady accumulation of calcareous mat-
ter throughout the system. * * *

Having arrived at the predisposing
causes of senile decay, it yet remains
for us to go still further and seek out
their origin. The two principal sources
of age are fibrous and gelatinous sub-
stances; secondly, calcareous disposi-
tion. According to the recent research-
es of Mr. de Lacy Evans, the origin of
the former may undoubtedly be traced
to the destructive action of the atmos-
pheric oxygen. * * * Fibrine has been
said to contain 1.5 per cent. more oxy-
gen than albumen. Now, oxidation
converts albumen into fibrine, fibrine
itself being but an oxide of albumen.

Although unquestionable fibrine non-
ishes the organs of our bodies by re-
pairing their waste, yet a great deal of
this substance accumulates in course of
time, lessening the caliber of the blood
vessels and thereby causing their intur-
bation.

EARTHY DEPOSITS.

It therefore follows that, as time goes
on (old age) fibrous and gelatinous
dispositions become noticeable. Conse-
quently, as fibrine is an oxide of albu-
men, so also is gelatine an oxide of albu-
men, due to the action of oxygen on
the fibrine deposited by the blood. A
further effect of oxidation causes part of
these substances to be decomposed, and
subsequently eliminated through

the kidneys as compounds of ammonia
and urea. There is always a continual
struggle progressing in our systems be-
tween accumulation and elimination.
Thus it is that the fibrous and gela-
tinous accumulations of old age are
chiefly traceable to the chemical action
of atmospheric oxygen.

The calcareous deposits never claim
our attention, being proved by anatomi-
cal investigation to be peculiarly char-
acteristic of old age.

In the human body water forms 70
per cent. of its aggregate weight; in fact
there is not a single tissue which does
not contain water as a necessary in-
gredient. Now water holds certain salts
in solution, which become more or less
deposited, notwithstanding the large
proportion eliminated through the se-
cretions. Nevertheless, it is only a
matter of time before these minute ar-
ticles deposited by the blood have a
marked effect in causing the stiffness
and aridity of advancing life. The reason
why in early life the deposit of
earthy salts is so infinitesimal is simply
because they have not had time to ac-
cumulate. It is the old kitchen boiler
which is found full of incrustations, not
the new one, time not having been suf-
ficient for their deposit. M. Le Camu
proved by analysis that human blood
contains compounds of lime, magnesia
and iron, averaging 2.1 in every 1,000
parts. This clearly demonstrates that
in the blood itself are contained the
earth salts, which gradually become de-
posited in the system.

DIET FOR OLD AGE.

Blood being made from the assimila-
tion of food, it is therefore to food it-
self we must primarily look for the
origin of these earthy deposits. Besides
providing the requisite elements of nu-
trition, food contains calcareous salts,
which, upon being deposited in the
arteries, veins, and capillaries, be-
come the proximate cause of ossifica-
tion and old age.

Having now traced the primary ex-
istence of calcareous matter to food it-
self, it is consequently a subject of no
small moment to ascertain those vari-
eties of dietetic articles containing these
salts. As a matter of fact, everything
we eat does contain them to a greater
or less degree. The cereals have been
found most rich in earth salts; so
bread itself, the so-called staff of life,
except in great moderation, assuredly
favors the deposition of these salts in
the system. The more nitrogenous our
food, the greater its percentage in cal-
careous matter; thus a diet composed
principally of fruit, from its lack of
nitrogen, is best adapted for suspending
ossific depositions.

Moderation in eating must ever be
of great value as an agent for retarding
the advent of senility. Loose eaters
more rapidly bring about these ossific
deposits, owing to having taken more
food into the stomach than it is able to
utilize or excrete, the result be-
naturally a more rapid blockage. According
to the researches of Mr. de Lacy Evans
it would appear that the following arti-
cles of food contained least of the earth's
salts: 1. Fruits (chiefly owing to their
lack of nitrogen). 2. Fish and
poultry. 3. Young mutton and veal.
Old mutton and beef from age contain
a large quantity of earthy matter.

DISTILLED WATER.

It becomes self-evident, therefore,
that living moderately, and as much as
possible on a diet containing a mini-
mum amount of earthy particles, is
clearly more suitable in order to retard
old age and thereby prolong existence.
The most rational treatment with a view
to retard old age is in the first place to
endeavor as far as possible to counter-
act the excessive action of atmospheric
oxygen; secondly, to retard the deposit
of ossific matter and as far as possible
to dissolve the partially formed calcareous
concretions. Distilled water and
diluted phosphoric acid are believed by
Mr. de Lacy Evans to have the desired
effect. When considering their special
action we cannot but fully coincide with
him as to their efficacy in retarding old
age by their combined chemical action.

Now distilled water alone has a pow-
erful action owing to its solvent prop-
erties, thereby dissolving and excreting
the excess of earthy salts which other-
wise would become blocked up in the
system, gradually storing up those
blockages which in time cause old age.
The solvent properties of distilled water
are so great per se that on distillation
in vessels it actually dissolves small
particles of them. Now the generality
of waters contain more or less carbon-
ate of lime, and are to be avoided, es-
pecially those from chalky soils, tend-
ing as they do to produce calcareous de-
posits. The action of distilled water as
a beverage is briefly as follows: First,
its absorptions into the blood is rapid;
second, it keeps soluble those salts al-
ready existing in the blood, thereby
precluding their undue deposit; third,
it facilitates in a marked degree their
elimination by means of excretion. After
middle life a daily use of distilled
water is highly beneficial to those de-
siring of retarding old age, and is also
a useful adjunct for averting stone in
the bladder and kidneys.

TO CHECK OLD AGE.

Lastly we have to deal with the
special beneficial action of diluted phos-
phoric acid when mixed with distilled
water it is perhaps the most powerful
means known to science for suspending
old age. Diluted phosphoric acid pos-
sesses the following merits. It pre-
vents the accumulation of earthy salts
and also facilitates their elimination.
Secondly, by its great affinity for oxy-
gen previously alluded to are held in
abeyance by its use. Thus by its double
agency, combined with distilled water,
we have a most valuable preventive
against the primary causes of old age,
which its daily use holds in check.
Hypophosphites are believed to exercise
a like action, as on becoming phos-
phates through fixing the oxygen from

the blood, undue oxidation (waste
tissues) is to a great extent prevented.

To sum up shortly what has already
been advanced, according to the teach-
ings of modern science the most rational
and certain means of retarding old age
are by avoiding all foods rich in the
earth salts, and by taking daily two or
three tumblerfuls of distilled water
with about ten or fifteen drops of di-
luted phosphoric acid in each glassful.
Thus are the mineral salts held in so-
lution and their excretion daily affected.
The means herein advocated have also
another great advantage, viz., that they
cannot possibly do any harm.

FARMERS' PROVERBS.

Keep your hogs lean or the rogues
will be fat.

Fence in your stock if you would
fence out the devil.

A gall for wand of mending is a gully
in the ending.

When the laborer is asleep, then the
grass is awake.

If you will cure the gall you will not
have the gully.

A poor pig in hand is better than a
fat one out of pocket.

Every stitch in an old shoe saves a
penny in a new bill.

If the master is much at home the
overseer is seldom abroad.

A new horse saves an old tub, but
newer still will burst an old barrel.

A penny given to a coarse shoemaker,
saves a spin to a fine doctor.

They spin not, yet they are clothed—
they toil not, yet they are fed.

Home weaving overgoeth, but that
done from home lacketh filling.

A weak fence makes a strong foe, but
firm stakes make firm friendship.

He that tilleth very poor land sendeth
good corn after worthless nubbings.

A bad shoe in winter makes bad
coughs. Mend your shoes and break
your colds.

Take care of the poor spots, and the
rich spots will take care of themselves.

He that works his crops badly will
be overworked, sadly—for to slight
work, is to make work.

There are some who have an empty
meat house yet a full pot—an empty
crib, yet a full oven.

One bad wolf will make many bad
quarrels. A sow that has lost her ears
should also lose her life.

Poor land receives good currency, but
pays bad money. It borrows bad
money, but pays bad paper.

Fleas in a cabin will make grass in a
corn field—for he that catches fleas by
night, will catch sleep by day.

Provide fuel for the summer, and
winter will take care of itself—for win-
ter is a tight overseer, but summer is
an indulgent master.

ABOUT A GOVERNMENT DOOR-KNOB.

People who have had business with
our very efficient and polite Post-master,
may have wondered why a knob should
be missing for so long a time on a door
leading to his private office; but, in all
likelihood, the initiatory steps were
taken several months since to have it
replaced. In the case of private prop-
erty, when a knob is off a door, all the
owner has to do is to buy a new one at
a hardware store and put it on himself,
or employ a builder to do it, but with
a Government building it is far different.
All applications for repairs have to go
through a regular channel. In the first
place, our Postmaster was probably re-
quired to have a drawing made of the
proposed new knob, giving the front
elevation and cross section, and make
oath that the repairs were necessary or
the efficient performance of the public
service and preservation of a Govern-
ment building. Next the papers had to
be forwarded to Washington for approval
by the Post-master-General, and the
probability is, they were by him "re-
spectfully referred" to the Secretary
of the Treasury, as the repairs required
were in a building jointly occupied
by the Postal and Revenue services.

The next advance was probably for the
papers to reach the office of the Super-
vising Architect, and if the drawings and
specifications were found to be in accor-
dance with the regulations, it is likely
the contract for the new
knob would be awarded to the lowest
bidder, the Government, of course, re-
serving the right to reject any and all
bids. Should a hitch have occurred in
the papers, however, and they should
be returned "not approved," the replace-
ment of the knob may be indefinitely
postponed; or it might happen that the
duty of replacing it would devolve upon
the new Post-master who would be ap-
pointed under the incoming administra-
tion.

P. S.—Since writing the above we
have ascertained that the knob has
been replaced. All honor to the indefatig-
ability of our Richmond Post-master!
[Richmond Bulletin.]

A friend of mine knew of a gentleman
who had a poodle dog possessed of more
than ordinary sagacity, but he was under
little command. In order to keep him
in better order, the gentleman pur-
chased a small whip with which he cor-
rected the dog once or twice during a
walk. On his return the whip was put
on a table in the hall, and the next
morning it was missing. It was soon
afterward found concealed in an out-
building, and again made use of in
correcting the dog. It was, however,
again lost, but found hidden in another
place. On watching the dog, he was
actually seen to take the whip from the
table and run away with it order again to
hide it.

Theophrastus called beauty "a silent
cheat." It is supposed that Theo. fed
his beauty on ice-cream and chocolate
teamals all summer, and as soon as
his first snow came she went sleighing
with another man.

CHOCTAW EXECUTIONS.

Indian Justice and How it is meted out—
Herodism of the Doomed.

A recent sojourner among the Choctaw
Nation, in Indian Territory, said to a
reporter the other day: "Indian laws
are more severe than the laws among
the white people. If an Indian commits
theft, he is given thirty-nine lashes on
the bare back, provided it is the first
offense. If it is his second offense, he
is given ninety-nine lashes, and, should
it be his third offense of stealing, he is
"stood up" and shot like a dog."

"You don't mean to say they shoot
them for stealing?"

"Yes, that's just what I mean, and it
doesn't make any difference how small
the theft may be, if it is his third offense,
he is shot for it."

"Who does the shooting?"

"Whoever the man to be shot may
select. He generally chooses his nearest
and best friend."

"How is the shooting conducted?"

"Well, the man is first stripped to the
waist. Then he stands up boldly,
without being bound or propped up,
and allows his executioner to make a
black spot on his breast directly over
his heart. Then the executioner takes
a big, navy revolver, steps back six or
eight paces, takes deliberate aim at the
black spot, and sends a bullet crashing
through his victim's heart."

"Is the victim blindfolded?"

"No, indeed; and, more than that he
stands up bravely with his arms and
shoulders thrown back, and chest ex-
panded, and meets death without a sign
of flinching. They think it the bravest
act in life to stand up and show that
they are not afraid to die. They would
rather be killed than branded as cowards."

Why, they have no jails there at all,
and an Indian accused of a crime never
attempts to escape. I have known of
several of these condemned to be shot,
who had been given the entire freedom
of the Territory, and on the day fixed
for the execution they turned up at the
appointed hour, and took their little
leaden pill with as much unconcern as
you would a dose of salts. They like to
die game and have it recorded of them
afterward that they were not afraid to
face death."

"Have many of them been shot out
there?"

"Oh, yes, there was one shot not long
ago, but he was shot for committing
murder. None have been shot for some
time for stealing, but there's been many
a one of them whipped the second
time, and the next offense means
death."

"Don't the United States authorities
interfere and try to put a stop to such
barbarism?"

"Oh, no; what I have told you only
applies to the Indians. If a white man
commits a theft or a murder, he is tried
and punished by the United States
authorities, for the Indians recognize
that they haven't the right to punish
a white man under their own laws."
[Boston Herald.]

A LINE MAN'S YARN.

"I think it was in '64 or '65. I was
working for a railroad company in Illi-
nois at the time. On the day Lincoln
was shot the wires broke in what was
known as Bixel's woods, so me and
another man went down to repair
'em. Of course, they wanted it done
right off, cause they had to use wires.
Jim, the fellow with me, took sick about
noon and had to go home, leaving me
alone in them dark woods to mend the
wires. About dusk I got through with
the job, and, Moses! didn't the light-
ning snap! They wuz so anxious to
telegraph about Lincoln's bein' shot, yer
know. As I started to come down the
pole I happened to look down on the
ground under me, and saw an animal
with glazing eyes crouching there. It
wuz a panther—the biggest I ever seed.
I thought I would wuz awhile before
going down. I crawled up to the cross-
arms again and waited till the moon
came out. The panther waited too. I
had no pistol with me, my only weapon
wuz a common jack-knife. All this
time the electricity wuz pourin' over them
wires at a great rate. I could almost
imagine what the messages wuz sayin'
about the martyred President, but
thought a devilish sight more 'bout
that panther growling and scratching at
the base of the pole. Every time his
scraped it sent a chill up my back like
a man has in the fever. Time went on;
I wuz awfully nervous, but I made up
my mind that something had to be done.
So I cut the wires, jined on some more,
taking mighty good care not to touch
'em with my bare hands, and finally
lowered a piece through which some-
body wuz trying to send fourteen mes-
sages ter once. Maybe you think it
wuzn't right for me to cut them wires at
such a crisis, but it wuz all as saved my
hide, and don't you forget it. I felt
sorry cause I had to do it—but that
wuz no other way. I stuck the wire
right into that panther's mouth. He
tried once or twice to spit it out, and
pawed feebly, but it did the business.
I jabbed it down his throat, and I've
always thought since he died from paraly-
sis of the heart."

"Did you fix the wires afterward?"

"Yes, sir; and when the superintendent
of the road heard of it he raised
my pay ten dollars more a month."
[Boston Globe.]

Magistrate, who has lately taken to
himself a "wig," severely—
"H'm—I think I have seen you here
before on a similar charge?"

"Drunk and disorderly female—"
"No, your 'oner, s'ely me, never.
The last time I was up before a bald-
headed old cove not a bit like ye!"—
[Detroit Free Press.]

CURIOUS SHOES AND SABOTS.

An interesting book could be written
on the history of shoes, as hardly any
other article of apparel has undergone so
many changes in shape and ornamenta-
tion, shows up more man's vanity and
fashion's folly. The old Britons wore,
according to Meyrick, shoes made of
raw cowhide, with the hair turned out-
ward and coming up to the ankles.
They much resembled the brog, which
is still used in remote parts of Ireland.
In Roman times the chiefs and nobles
of Britain adopted, in addition to the
sandals, the costly side-laced shoes of
their conquerors. The Anglo-Saxon
shoes were open at the instep and se-
cured by a thong. Princes and high
ecclesiastical dignitaries wore them of
gold stuff, with lattice pattern embroi-
dery and pointed toes. This fashion of
pointed shoes lasted from the time of
Rufus to that of Henry VII. Ordericus
Vitalis speaks of them in the twelfth
century, and says they were invented by
some one who was deformed in foot.
Shoes, with points made like a scorp-
ion's tail, were called "Pigades," and a
courtier named Robert stuffed the
points of his shoes with tow, causing
them to curl round like a ram's horn,
a fashion which obtained for the in-
ventor the name of "Cornado."

In the reign of Richard II., the
length of the pointed boots and shoes
increased to such an extent that they
embarrassed the wearers in walking.
"Their shoes and pattens," says Strutt,
quoting from Camden, "were snouted
and piked, more than a finger long,
crooking upward, which they call 'crack-
ovos,' resembling devil's claws, and
fastened to the knees with chains of
gold and silver."

French pattens with wooden soles and
stiles were also snouted and peaked, and
the length of the peak for the lower
classes was regulated by royal decree.
The "snouts" of these crackovos were
sometimes six inches long, and although
reduced to more moderate dimensions
during the reigns of Henry IV. and his
son, the fashion became again extraor-
dinary under Henry VI., and the "pou-
laines," as the enormously long toed
boots of that period were called, were
made the subject of prohibitory statutes
in the reign of Edward IV. Thus it
was enacted that any shoemaker who
made for unprivileged commoners any
shoes or boots, the toes of which ex-
ceeded two inches in length, should for-
feit 20s. This had only the effect that
fashion rushed to the